



PARTY FOOD INSPIRATIONS

What's a party without food? We've put together some recipe ideas and resources to help inspire your culinary creativity.

Bring a touch of Haiti to your housewarming by whipping up favorite Haitian dishes such as griot (fried pork), bannan peze (fried and smashed plantain), or accra (malanga fritters). Tropical fruits and their juices can be used to make delicious desserts and yummy cocktails. Haitian cuisine is rich and varied, so you should be able to find recipes online that can satisfy any set of taste buds or budget.





Here's an easy recipe for riz national (rice and beans) which is a flavorful and popular dish in Haiti:

RIZ NATIONAL Serves 6 to 8

(Source: http://www.everythinghaitian.com/eHaitianCuisine/Riz_National)

INGREDIENTS:

2 cups long grain rice
1/2 cup dried red kidney beans
3 cups water kidney beans was boiled in
1/4 lb salt pork or bacon (optional)
2 chicken bouillon cubes
1 1/2 tsp salt
6-8 whole cloves
1/4 tsp ground black pepper
1/2 cup finely diced white onion
1/4 cup vegetable oil
1 whole habanero or scotch bonnet pepper (optional)
3 cloves garlic, peeled and crushed

DIRECTIONS:

1. Bring dried beans to boil in 8 cups of water. Cook until tender, but shape remains. Do not overcook. Strain beans and put bean water aside.
2. Sauté salt pork or bacon, garlic, onion, and beans in oil, until beans are crispy. Add salt, cloves, and black pepper. Add 3 cups of bean water and heat to boiling.
3. Add rice, bouillon cubes, and hot pepper to boiling liquid. Once water has evaporated, remove whole pepper and mix in 1 tbsp. of butter. Cover pot tightly and continue cooking on low heat (approx. 20 minutes) until done.





We couldn't resist sharing one of our own favorite appetizers: baked kale chips! These are a super-quick-to-prepare, healthy, crunchy snack which you can season to your own taste by adding your favorite spices:

BAKED KALE CHIPS

(Source: <http://allrecipes.com/Recipe/Baked-Kale-Chips/Detail.aspx>)

INGREDIENTS:

1 bunch kale
1 tbsp olive oil
1 tsp seasoned salt

DIRECTIONS:

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

For more recipe ideas, check out
<http://myhaitiankitchen.blogspot.ca>
<http://haitian-recipes.com/recipes/index.php>

